



# 19. Lorsch Triathlon

Lorsch / 18.08.2024

## Detailed evaluation

Ludger Essing

Total time: 1:25:56

Number: 140

Course: 25.50 km  
Lorsch Triathlon

Rank in course/Total: 257 (of 354)

Rank in course/Men: 201 (of 254)

Best time in course: 58:26

Category:

Rank in category: 27(of 36)

Senioren 4 (TM 55)

Best time in the category: 1:08:12

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	14:50	29:40	30	6:45	233	8:03	0.50	14:50	29:40	37	6:45	255	8:03
Wechsel S -> R	-	3:17	-	23	3:17	174	3:17	0.50	18:07	36:14	37	7:17	255	9:59
Schwimmen Total	0.50	18:07	36:14	37	7:17	255	9:59	0.50	18:07	36:14	37	7:17	255	9:59
Rad netto	20.00	39:00	1:57	22	5:28	160	13:15	20.50	57:07	2:47	25	10:51	255	18:10
Wechsel R -> L	-	1:31	-	26	0:55	189	0:59	20.50	58:38	2:51	25	11:40	255	18:49
Rad Total	20.00	40:31	2:01	23	5:57	167	13:48	20.50	58:38	2:51	25	11:40	255	18:49
Lauf Ziel	5.00	27:18	5:27	26	6:11	197	10:31	25.50	1:25:56	3:22	27	17:44	201	27:30